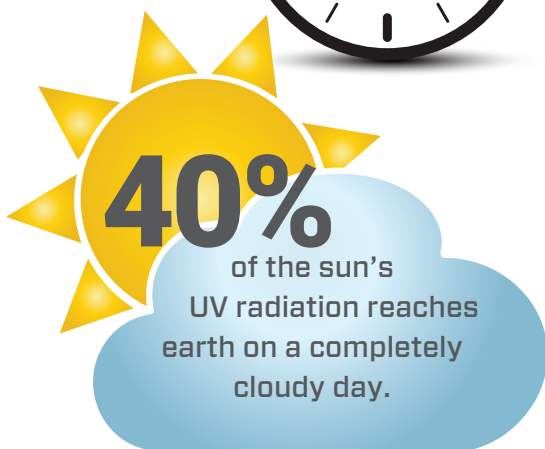




SKIN CANCER *Info Sheet*



Unprotected skin can become damaged by the sun in as little as



Americans will develop skin cancer by the age of 70.

Some common medications increase skin's susceptibility to UV damage.



WHAT YOU SHOULD KNOW

Any tan is a sign of damaged skin cells and this damage is what leads to skin cancer, the most common of all cancers. Skin cancer affects more than 2 million people each year and includes:

- ✓ Basal cell carcinoma
- ✓ Squamous cell carcinoma
- ✓ Melanoma

Melanoma is less common than either basal cell or squamous cell cancers, but far more dangerous. Melanoma, responsible for more than 7,600 deaths each year, is more likely to spread to other body areas, making treatment challenging.

WHAT SKIN CANCER LOOKS LIKE

Signs of Basal Cell or Squamous Cell Carcinoma

Have a physician check out any skin spot, sore or bump that look like these:



A bump that's smooth, shiny, pale or waxy



A red or brown patch that's rough and scaly



A bump that's firm and red



A flat red spot that's rough, dry, or scaly and may be itchy or tender



A bump or sore that bleeds or develops a crust or scab, but does not heal

Signs of Melanoma

Melanoma may begin in a mole or on previously clear skin. Have a physician check any skin spot that has one or more of the following ABCDE characteristics:



ASYMMETRY. One half does not match the other half.



DIAMETER is larger than 6 millimeters or 1/4 inch, about the size of a pencil eraser. Any increase in size is of special concern.



BORDER is irregular. The edges are ragged, notched or blurred.



EVOLVING. The spot is changing in size, shape or color.



COLOR is uneven and may appear shades of black, brown, tan, red, gray, white, pink or blue.





WHY ROSWELL PARK?

- ✓ **Nationally recognized.** Roswell Park is a National Cancer Institute (NCI) designated Comprehensive Cancer Center, the only one in New York State outside of New York City.
- ✓ **A multidisciplinary care approach** by a team of cancer experts, dermatologists and surgical and medical oncologists, who work together under one roof.
- ✓ **Specialized skin cancer surgery.** Mohs micrographic surgery, an advanced surgical technique, removes cancer cells while preserving healthy tissue, particularly on the eyelids, nose, ears, lips and fingers.
- ✓ **Plastic & reconstructive surgeons** to restore appearance and function of important skin structures.



PRACTICE SUN SAFETY

UV RAYS ARE A MAJOR CAUSE OF SKIN CANCER, CATARACTS, EYELID CANCER AND PREMATURE SKIN AGING AND WRINKLING.

- ✓ **Avoid tanning**, outdoors as well as tanning beds, booths and sunlamps.
- ✓ **Apply sunscreen every day** at least 30 minutes before sun exposure.
- ✓ **Seek shade** during the sun's most intense hours between 11 am and 3 pm.
- ✓ **Use a broad spectrum (UVA/UVB) sunscreen** with SPF of at least 30. Choose a water-resistant formula and reapply every two hours, and more frequently after swimming or sweating.
- ✓ **Cover up** with protective clothing including a broad-brimmed hat.
- ✓ **Shade your eyes** with sunglasses that filter UV rays.



The American Academy of Dermatology recommends choosing a sunscreen that states the following on the label:

1. BROAD SPECTRUM

This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause skin cancer.

2. SPF 30 OR HIGHER

This indicates how well a sunscreen protects you from sunburn.

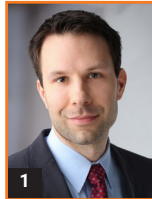
3. WATER RESISTANT

While sunscreens can be "water resistant" (for 40 minutes) or "very water resistant" (for 80 minutes), sunscreens are not waterproof or sweatproof and need to be reapplied.

MEET OUR DOCTORS

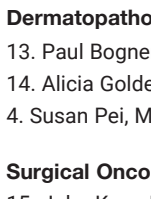
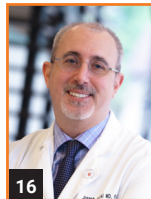
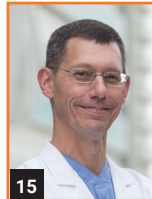
Dermatology

1. Gyorgy Paragh, MD, PhD, Chair
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4. Susan Pei, MD
5. Shana Bradigan, NP
6. Kelly Joyce, PA-C
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Mohs/Dermatologic Surgery

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Dermatopathology

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Surgical Oncology

15. John Kane III, MD, FACS
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Medical Oncology

17. Igor Puzanov, MD, MSCI, FACP



Anyone can get skin cancer regardless of skin color.